August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 8pm Sweat & Glow [virtual] August Long weekend!	2 7pm Strength & Stairs	3 5:30am Rise & Shine Mobility & Core [virtual]	4 Folk Fest!	5 Folk Fest!	6 Folk Fest!
7 Folk Fest!	8 8pm Sweat & Glow [virtual]	9	10 5:30am Rise & Shine Strength [virtual]	11 10am Balance & Blast [outdoor]	12	13
14 7:30am All About Balance [virtual]	15 8pm Sweat & Glow [virtual]	16	17	18	19	20
21	22 8pm Sweat & Glow [virtual]	23	24 5:30am Rise & Shine Strength [virtual]	25	26	27
28	29 8pm Sweat & Glow [virtual]	30	31 5:30am Rise & Shine HIIT [virtual] Back 2 School!	1	2	3

Fit your life